



Karate Classes

Ages 7 and up!!



Monday and Thursday Classes Available!

Classes starting on **Jan. 4, 2010**. But walk-ins are always welcome!

Mondays only cost is \$60

For **12 weeks** at the Goochland Fairground Building

6:30-8:00 PM

Thursdays only starts on Jan. 7th cost is

\$60

For **12 weeks** at the Goochland Fairground Building

6:30-8:00 PM

Mondays and Thursdays (super saver!)

\$90

For **12 weeks** at the Goochland Fairground Building

6:30-8:00 PM



Entrusted in the hands of our instructors; Mark and Debbie Wilds, students will learn techniques including kicking, punching, blocking, sparring, and partner work. Emphasis is on philosophy and discipline of the martial arts to increase students' self-confidence and physical condition. This challenging program is for ages 7 through adults and will help participants lead a healthier life. (A \$25 one time karate association fee will be taken at the door for first time students.)

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Sign up online at: <http://activenet8.active.com/goochland/>